

The importance of being sponsored-

8/23/2012

Tell the story of the cancer doctor from the university on the way to Texas.

I believe that the single most important decision and action a person trying to recover from sexual addiction can make is getting a sponsor. Not a thing of permanent value will be accomplished until the addict decides that he doesn't know a thing about his difficulties (if he did he wouldn't be in the mess he is in), and that he is sick and tired of being sick and tired and is ready to do anything that will help him out of his miserable condition.

Just as long as he feels he has the slightest chance of dealing with his addiction according to his power and will he will resist the humbling experience of asking for help.

Never has there existed a more stubborn and slothful group of addicts than sex addicts.

Now then, assuming that the addict has hit bottom, recognized his powerlessness and is willing to do the work, what is the correct attitude to have in order to choose the right sponsor.

I believe the answer to that is most demonstrated if we think we have a life threatening and terminal disease, which we do.

Now suppose that we had terminal cancer. What would we want to do?

Number one on our list would be to select an oncologist who was a leading authority. Obviously we would want to check his medical credentials, his graduate degree, check the university he attended and his grade scores.

Perhaps we should speak to some of the patients he has helped heal since he began practicing.

Secondly we would want to schedule an appointment with him as soon as possible.

Thirdly, we would want to have access to the best clinic available, and then we would want to start taking corrective action (therapies) as soon as possible.

Then we would want to read and get completely immersed in the cures available and learn about the right actions to take and the right attitude to maintain during our struggle.

I suppose that having had some early success from the above plan of recovery, then we would want to become as informed as possible about the solution to our physical condition.

In other words we would learn as much as we could about our disease by accessing all resources available, books, videos, CDs, tapes, but most importantly we would learn about all the things we can do daily to help us heal.

Things like diet, prayer and meditation, sharing about our disease and the solution with others and finally we would want to develop a daily plan of living as a recovering and cancer survivor.

Now then, I ask you; should there be any difference between the way we would treat cancer and the way we should treat sexual addiction? I submit to you that the answer to that is a resounding NO. As a matter of fact I believe this is a much more powerful disease.

Cancer affects our families and loved ones but it does not kill them. Sexual addiction does! It kills the spirit of the family and has a profound effect on their lives both united and individually.

Often the members of a sex addict family are so damaged by the behavior and the abuses (Yes abuses!) they've endured they will be in therapy for a long, long time. Many like me will be marked for decades. I was abused when I was young, perhaps as young as 6 or 7 and the corresponding trauma I experienced had the most significant effect of any action I had taken for over 40 years. Were it not for the fact that I had good sponsorship and direction I might still be acting out to stuff those feelings of deep pain, betrayal, and shame.

I believe the wreckage left behind by an addict is much more devastating than the wreckage left by a cancer victim.

Children are completely destroyed by the absence of parents leaving them with the question; is it me that caused this?

So then what should we do about starting our recovery?

We need to apply the same scrutiny in the selection of our

sponsor that we should when selecting our physician team.

Let's go over the list:

- 1. Find the oncologist (sponsor)**
- 2. Research his background (Make sure he know the steps and has worked them all with a sponsor and that he is continuing to work them)**
- 3. Check out his credentials (Ask around and talk to some of his other sponsees)**
- 4. Schedule a time to meet him in person ASAP**
- 5. Find a good clinic to go to for treatment (What meetings should you be attending and just as important which ones not to attend)**
- 6. Start working your steps right away**
- 7. Start reading the recommended materials (12 & 12, a good meditation book, the Big Book and the Green Book)**
- 8. Develop a daily plan for living with actions to take, short term goals to strive for and a life ideal that keeps us focused on the path we need to stay on**
- 9. Pray and meditate.**
- 10. Work with others**

Prayer and meditation should be a major part of our commitment to recover and any sponsor with successful experience will naturally want to encourage us to do so from the start of our relationship. There are some excellent books on prayer however pure prayer can be learned if we are willing to learn.

Pure prayer is not necessarily found in our lofty thoughts or in our majestic words. Nor do we need to feel intensely in order to have an effective prayer life. In fact we should never force feelings of any kind.

Pure prayer is found in the will, in the will to give ourselves to God. Since the will has only one function, to say yes or no, you can decide to say yes. It really isn't that difficult.

All we really need to say is, "Lord, I am here, and I give myself to you as best I can".